



THE SOLINGER METHOD

by Root Health L.L.C.

Hashimoto's Thyroiditis

FUNCTIONAL WELLNESS SUPPORT PLAN

Adult Hashimoto's Thyroiditis

Root Health L.L.C, The Solinger Method

Dr. Sarah Solinger, PhD, ND, MSc, FCN

Naturopathic Doctor, Functional Clinical Nutritionist, Master Clinical Herbalist

What Is Hashimoto's Thyroiditis

Hashimoto's thyroiditis is a chronic autoimmune condition in which the immune system produces antibodies, most commonly thyroid peroxidase antibodies (TPO) and thyroglobulin antibodies (TG), that target and gradually damage thyroid tissue. Over time, this immune mediated destruction reduces the thyroid's ability to produce adequate hormones, often progressing from subclinical dysfunction to overt hypothyroidism.

Hashimoto's is not primarily a thyroid hormone deficiency, it is an immune tolerance failure with endocrine consequences.

Many patients experience years of symptoms before thyroid hormone levels fall outside conventional reference ranges.

Common features include fatigue, weight resistance, cold intolerance, hair loss, dry skin, constipation, depression, brain fog, anxiety, menstrual irregularities, infertility, and exercise intolerance.

Conventional Medicine Perspective

Conventional medicine typically frames Hashimoto's as a thyroid hormone problem once TSH becomes elevated. Management often begins only after hypothyroidism is diagnosed, with treatment focused on thyroid hormone replacement.

This approach frequently overlooks:

- The autoimmune process driving tissue destruction
- Ongoing antibody mediated inflammation
- Gut permeability and immune activation
- Micronutrient deficiencies impairing thyroid signaling
- Impaired T4 to T3 conversion
- The impact of stress, infection, and inflammation

As a result, many patients are told their labs are “normal” while symptoms persist and autoimmunity progresses silently.

Naturopathic Medicine Perspective

Naturopathic medicine views Hashimoto's as a **multi system autoimmune condition** involving immune dysregulation, intestinal permeability, inflammatory signaling, nutrient insufficiency, and impaired thyroid hormone activation at the tissue level.

Key systems involved include:

- Immune tolerance and regulatory T cell balance
- Gut barrier integrity and microbial signaling
- Thyroid hormone synthesis and conversion
- Selenium dependent antioxidant protection of thyroid tissue
- Iron, zinc, and iodine availability
- Stress mediated immune activation

The goal is not simply to replace thyroid hormone, but to **reduce immune attack, protect thyroid tissue, and restore signaling efficiency.**

Core Pathophysiologic Mechanisms

Loss of Immune Tolerance



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Autoimmune activity reflects failure of immune tolerance, often driven by chronic antigen exposure, gut permeability, infection, or inflammatory signaling.

Thyroid Tissue Vulnerability

The thyroid is highly sensitive to oxidative stress due to its role in hormone synthesis. Without adequate antioxidant protection, immune mediated damage accelerates.

Impaired T4 to T3 Conversion

Inflammation, cortisol dysregulation, iron deficiency, selenium deficiency, and insulin resistance reduce conversion of inactive T4 to active T3, leaving patients symptomatic even on medication.

Gut–Thyroid Axis Dysfunction

Increased intestinal permeability allows antigen exposure that stimulates immune activation and cross reactivity, perpetuating thyroid antibody production.

Stress and HPA Axis Involvement

Chronic stress increases cortisol, which disrupts immune regulation and thyroid hormone conversion while worsening fatigue and weight resistance.

Nutritional Strategy

Nutrition for Hashimoto’s is not about restriction for the sake of restriction. It is about **reducing immune activation, supporting gut integrity, and supplying the nutrients required for thyroid signaling and immune regulation.**

Core Nutritional Priorities

- Anti-inflammatory whole food intake
- Adequate protein to support hormone transport and immune repair
- Micronutrient density
- Stable blood sugar
- Gut supportive foods
- Avoidance of immune triggers when clinically indicated

Therapeutic Foods to Emphasize



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Protein at each meal, targeting 25 to 35 grams per meal. Mechanism, thyroid hormone transport proteins and immune repair processes are protein dependent.

Seafood and shellfish. Mechanism, provide selenium, zinc, and iodine in physiologic ratios that support thyroid hormone synthesis and antioxidant defense.

Eggs. Mechanism, provide iodine, selenium, choline, and fat-soluble vitamins essential for thyroid and immune signaling.

Beef liver used judiciously. Mechanism provides vitamin A, iron, B12, and copper, all required for thyroid hormone action and immune regulation.

Cooked vegetables and fiber rich foods. Mechanism, support gut barrier integrity and microbial balance without excessive immune stimulation.

Healthy fats such as olive oil and fatty fish. Mechanism, reduce inflammatory signaling and support cell membrane receptor sensitivity.

Gluten Consideration

In Hashimoto's, gluten may act as an immune trigger through molecular mimicry between gliadin and thyroid tissue. Removal is not ideological; it is **mechanistic and patient specific**. Many patients experience reductions in antibody levels and symptom burden with gluten elimination.

Targeted Supplement Support

Therapeutic Adult Dosing

Selenium (Selenomethionine)

Mechanism, selenium is required for glutathione peroxidase activity within the thyroid, protecting thyroid tissue from oxidative damage during hormone synthesis. It also supports deiodinase enzymes that convert T4 to active T3 and has been shown to reduce TPO antibody levels.

Dose: 200 mcg daily

Zinc (Glycinate or Picolinate)



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Mechanism, zinc is required for thyroid hormone receptor binding, TSH signaling, and immune regulation. Deficiency impairs hormone action even when levels appear normal.
Dose: 15 to 30 mg daily

Iron (When Deficient)

Mechanism, iron is required for thyroid peroxidase activity and T4 to T3 conversion. Low ferritin is a common driver of persistent symptoms and hair loss.
Dose: individualized based on labs

Vitamin D3+K2

Mechanism, vitamin D modulates immune tolerance, supports regulatory T cell function, and reduces autoimmune activity when deficient.
Dose: 5,000 IU daily, adjusted to labs

Magnesium Glycinate

Mechanism, supports stress regulation, sleep quality, mitochondrial energy production, and hormone signaling pathways.
Dose: 400 to 600 mg daily

Omega 3 Fatty Acids

Mechanism, reduce inflammatory cytokine signaling that amplifies autoimmune activity and tissue damage.
Dose: 3 to 4 grams daily combined EPA and DHA

Myo Inositol



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Mechanism, improves TSH signaling and thyroid hormone sensitivity, particularly in subclinical hypothyroidism and insulin resistant patterns.
Dose: 600 to 2,000 mg daily

Activated B Complex

Mechanism, supports methylation, immune regulation, and energy metabolism, all commonly impaired in autoimmune conditions.
Dose: one capsule daily

Targeted Herbal Support

Ashwagandha

Mechanism, supports thyroid hormone balance, improves stress resilience, and modulates immune activity without overstimulation.
Dose: 300 to 600 mg daily

Turmeric (Curcumin)

Mechanism, reduces NF kB mediated inflammatory signaling and oxidative stress that drive autoimmune tissue damage.
Dose: 500 to 1,000 mg daily

Schisandra

Mechanism, supports liver detoxification, antioxidant capacity, and stress adaptation, indirectly protecting thyroid hormone signaling.
Dose: 500 to 1,500 mg daily



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Licorice Root (When Cortisol Is Low)

Mechanism, supports cortisol availability, which indirectly improves thyroid hormone conversion and immune regulation.

Dose: 500 to 1,000 mg daily

Avoid in uncontrolled hypertension.

Celery Juice Support for Hashimoto's Thyroiditis

Celery juice may support Hashimoto's by improving hydration, mineral balance, and digestive signaling, which can reduce systemic inflammatory load and support adrenal and immune resilience.

Suggested use is 8 oz fresh celery juice daily, taken in the morning or between meals, with response guiding continuation.

Supplement Access

A complete supplement protocol for Adult Hashimoto's Thyroiditis is available in Fullscript under Protocols, listed by the matching condition name. Individuals can create a free account to access the full recommended list of professional grade supplements and therapeutic adult dosing.

Lifestyle Support That Matters

Stress regulation is not optional, chronic cortisol elevation worsens immune dysregulation and impairs thyroid hormone conversion.

Sleep optimization is critical, immune tolerance improves with adequate sleep.

Gentle strength training improves insulin sensitivity and thyroid hormone signaling.

Avoid excessive endurance exercise during active autoimmune flares.

When to Dig Deeper



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Further evaluation is warranted when symptoms persist:

- TPO and thyroglobulin antibodies
- Free T3 and reverse T3
- Ferritin and iron studies
- Vitamin D and selenium status
- Fasting insulin and inflammatory markers
- Stool or gut permeability assessment

Hashimoto's improves when **immunetoleranceisrestored,thyroidtissue is protected, and hormone signaling is optimized**, not when TSH is treated in isolation.



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